

# Playground Activity

Meeting the goals of the Katy Trail Challenge will require more than just classroom activity breaks and PE classes. Students need to be active on the playground! Remind them every time they go out, they need to play towards their activity goal!

## Fit Fact

*On many playgrounds, less than 30% of students are actively engaged.*

Suggestions for encouraging playground activity:

- Change your terminology. Refer to recess as “Activity Time” and the playground as “Activity Zone”.
- Create and mark separate zones for specific activities to improve safety and encourage a variety of activities.
- Offer a learning zone to teach new games.
- Train upper grade students to serve as Activity Promotion Aides for younger students.
- Create a walking/jogging trail around the perimeter of the Activity Zone and mark distances so students can track their mileage.

## Quick Tip

*Walking doesn't require any equipment, has a low injury rate and is an activity that continues into adulthood.*



**A Note about overweight students** – Walking is probably the activity of choice for overweight students. It's easy on the joints, doesn't overly stress the cardiovascular system, and is not painful. The old saying “no pain, no gain” is nonsense for these students. Many have already been turned off to physical activity because of negative past experiences. Rekindling the joy of activity for these students takes an encouraging and kind approach. Walking is usually their choice of activity, and when coupled with pedometers can ignite a new interest in staying active.

